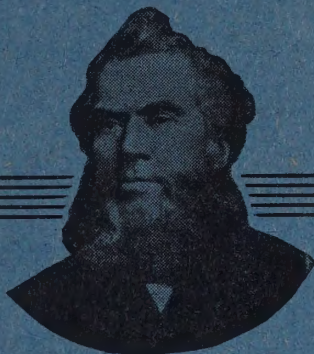


Mother's Help and Household Guide

REGISTERED
TRADE MARK



Published by

PARKINSONS LTD.

MANUFACTURING CHEMISTS

BURNLEY

ESTABLISHED 1848.

PARKINSONS LTD.

THE firm of PARKINSONS LTD. was founded more than eighty years ago, having been established in 1848 by the late Mr. Richard Parkinson, whose photograph appears on the front cover of this booklet.

Since this date the business of Manufacturing Chemists has been carried on by members of the Parkinson family, under whose control it has reached its present proportions. The fourth generation of the founder is now represented by Mr. Cyril Parkinson, M.P.S. and Mr. A. R. Parkinson, B.Sc.

During the whole of its existence, the policy of the firm of PARKINSONS has been one of progress, with the result that it has been necessary, from time to time, to extend the laboratories and packing departments in order to cope with the increasing output of reliable preparations used for the better health service of the community.

The manufacture of all preparations is carried out under the supervision of fully qualified chemists, and the ingredients carefully analysed before being used, thus ensuring that all medicines reach the user in a condition of purity.

The works are fitted with the latest manufacturing and packing machinery for the production of goods with a minimum amount of handling, which, coupled with the spotless cleanliness insisted on in all processes of manufacture, guarantees every preparation or product reaching the public in the finest possible condition.

The specialities of the house of PARKINSONS, and especially sugar-coated PILLS, have earned a world-wide reputation, and the reliability of all its products is their best recommendation.

SERVICE is the watchword of PARKINSONS LTD.—service to the public—to the shopkeeper—and to all who are associated with the business.

Resident representatives link up the shopkeepers with the firm, and the Transport and Despatch Departments cater for the efficient and prompt delivery of orders to all parts of the country.

The specialities made by PARKINSONS should be obtainable from the shop nearest to your home. Should you experience any difficulty in obtaining anything you require, please write to us, and immediate steps will be taken to supply your needs.

RECIPES.

LENTIL SOUP.—1 teacupful of lentils, $1\frac{1}{2}$ pints of water, 1 stick of celery, 1 onion, $\frac{1}{2}$ dessertspoonful of dripping, $\frac{1}{2}$ tablespoonful of flour, $\frac{1}{2}$ teacupful of milk. Sprig of parsley. Pepper and salt to taste.

Method.—Wash the lentils. Boil in the water with the celery, parsley and sliced onions. Cook for $1\frac{1}{2}$ hours, afterwards straining through a cullender. Mix the dripping and flour in a small pan, gradually adding the milk. Stir until the mixture thickens. Add this to the soup, season with pepper and salt and serve with toast.

CHEESE AND ONION SOUP.—1 teacupful grated cheese, 2 onions, 3 breakfastcupfuls of milk, 1 heaped tablespoonful of cornflour.

Method.—Boil the onions until soft, afterwards rubbing through a sieve. Make a sauce with the milk and cornflour. Add the sieved onion and season to taste with pepper and salt. Add the grated cheese, boil for two minutes and serve.

FISH CAKES.—1 lb. Cod fish, 2 large potatoes, 1 cupful of bread-crumbs, 1 egg, flour, pepper and salt.

Method.—Wash the fish and put it into a saucepan. Barely cover the fish with water and boil for five minutes. Allow to cool and remove all fish from the bones; mix the breadcrumbs and fish together, adding the potatoes and seasoning. Bind together by using the beaten egg. Make the mixture into flat cakes, roll in flour and fry till brown in boiling fat.

COUSIN JACKS.— $\frac{1}{4}$ lb. lean steak, $\frac{1}{4}$ lb. potatoes, 1 onion, 1 egg, pepper and salt, short crust pastry.

Method.—Wash, peel and slice potatoes. Cut the meat into small pieces. Mix the potatoes, meat and chopped onion together and moisten with water.

Roll out the pastry and cut into rounds. Place some of the mixture on each round; brush the edge with beaten egg, cover with another round of pastry and brush with egg again. Pinch the edges of the pastry together and bake for $\frac{3}{4}$ of an hour.



PARKINSONS' CUSTARD POWDER

Recipes—continued.

SAVOURY RABBIT PIE.—1 boiled rabbit, 2 tomatoes, 1 chopped onion, 4 oz. macaroni, 1 oz. grated cheese, white sauce, pepper and salt to taste. Short crust pastry.

Method.—Roll out the pastry on a floured board. Line a cake tin with the pastry, leaving sufficient for the lid. Remove all bones from the stewed rabbit. Add the cooked macaroni, sliced tomatoes, onion and cheese to the meat. Moisten with the white sauce, add the seasoning and put into the cake tin. Wet the edges of the pastry, put on the pastry lid, baking for 40 minutes in a hot oven.

POTATO SCONES.— $\frac{1}{2}$ lb. mashed potatoes, $\frac{1}{2}$ lb. flour, a pinch of salt, $\frac{1}{2}$ teaspoonful of **Parkinsons' Burnley Baking Powder**, milk to make a stiff paste, 1 tablespoonful of dripping.

Method.—Roll out about $\frac{1}{4}$ inch thick, fry in a little dripping. Butter and serve hot.

LITTLE BUNS.— $\frac{1}{4}$ lb. flour, 2 oz. butter, 2 oz. sugar, $\frac{1}{2}$ teaspoonful **Parkinsons' Burnley Baking Powder**. 1 egg.

Method.—Cream butter and sugar, add egg, sift in the flour, beat thoroughly. Bake in small greased tins.

GINGER SNAPS.—1 lb. flour, $\frac{1}{2}$ lb. syrup, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. butter, 2 teaspoonfuls of Bi-carbonate of Soda, 1 teaspoonful of ginger, 2 teaspoonfuls of **Parkinsons' Burnley Baking Powder**, 2 dessertspoonfuls of milk.

Method.—Mix dry ingredients together, melt syrup and butter together and mix into the dry ingredients, adding milk last. Roll out, cut into shapes and bake in a moderate oven.

SPICED TEACAKES.— $\frac{1}{2}$ lb flour, 1 teaspoonful **Parkinsons' Burnley Baking Powder**, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{2}$ teaspoonful ground ginger, $\frac{1}{2}$ teaspoonful ground cinnamon, 1 oz. granulated sugar, 1 oz. butter, 1 egg, milk.

Method.—Mix the flour, salt and baking powder together. Rub in the butter, add the sugar and spices and mix thoroughly. Beat the egg and add to the mixture with sufficient milk to make a stiff dough. Roll on floured board, cut into cakes and put on greased flat oven tins. Bake for about 10 minutes in a moderate oven.

DO YOU KNOW—

That bananas contain iron ?

That peaches are rich in vitamins ?

That PARKINSONS were the first people to coat pills with sugar ?

That lettuce which has been picked for some time can be freshened by immersing it in a mixture of vinegar and water ?

That vegetables for salads should be pulled late in the evening or early in the morning while the dew is on the leaves ?

That PILLS from PARKINSONS promote that healthful feeling ?

That cabbage is rich in sulphur and good for the skin ?

That potatoes are most useful when of medium size ?

That the vegetables which are easy of digestion are asparagus, seakale, French beans and cauliflower ?

That tomatoes contain potash and acids of value to the system ?

That PARKINSONS claim to have the largest sale of sugar-coated PILLS in the world ?

That a little lemon juice added to the cake mixture will remove the fatty taste from cakes made with dripping ?

That a little orris root put into a muslin bag and placed in the water in which handkerchiefs are boiled will give them a violet scent when ironed ?

That a little lemon juice squeezed over lamb chops before cooking improves the flavour ?

That stains (tar) on silk stockings can be removed by covering the marks with butter and leaving them until the tar becomes loose ? Afterwards wash in the ordinary way.

That PARKINSONS have been making PILLS for more than 80 years ?

That sheets can be tested for dryness by placing a hand mirror in the bed ? If the mirror is dimmed, the sheets are damp ; if they are perfectly dry the mirror will remain clear.

That a soft cloth dipped in vinegar will remove fly marks from glass or marble ?

Recipes—continued.

TREACLE SPONGE PUDDING.— $\frac{1}{4}$ lb. flour, 1 egg, 2 oz. suet, $\frac{1}{2}$ teaspoonful of ginger, 3 tablespoonfuls of syrup, 3 tablespoonfuls of milk, a pinch of salt, $\frac{1}{2}$ teaspoonful of **Parkinsons' Burnley Baking Powder**.

Method.—Shred suet and mix all dry ingredients together. Add syrup, beat egg and milk, then mix all together and steam from $1\frac{1}{2}$ to 2 hours.

SWISS ROLL.— $\frac{1}{4}$ lb. flour, 2 oz. Castor Sugar, 2 eggs, 2 oz. butter, 1 teaspoonful milk, 2 tablespoonfuls jam, $\frac{1}{2}$ teaspoonful of **Parkinsons' Burnley Baking Powder**.

Method.—Cream butter and sugar, add eggs, then milk, flour and baking powder. Bake about 8 minutes in a quick oven, turn out on a sugared paper, spread jam on and roll up quickly.

UNFERMENTED WHOLEMEAL BREAD.—6 large tablespoonfuls of meal, 4 large tablespoonfuls of flour, a pinch of salt, 2 large tablespoonfuls of **Parkinsons' Burnley Baking Powder**.

Method.—Mix together with milk to a smooth dough, not too stiff. Handle as little as possible. Can be made either into an oven bottom cake or in a floured tin. Put in bottom of oven at once and finish at the top.

PARKINSONS' BURNLEY BAKING POWDER BREAD.—1 lb. flour, 1 heaped teaspoonful of **Parkinsons' Burnley Baking Powder**, 1 teaspoonful of salt, 1 teaspoonful sugar. Milk to mix.

Method.—Add all dry ingredients to flour, keep as cool as possible. Mix with old milk, a little stiffer than cake mixture. Turn on to a floured board, shape into cobs and place in greased tins. Put in hot oven at once and bake from 30 to 40 minutes.

POTATO PANCAKES.—Cooked potatoes, $\frac{1}{2}$ lb. flour, 1 egg, 1 teaspoonful lemon juice, salt to taste, milk, castor sugar.

Method.—Mash the potatoes and mix with the flour in a basin. Add the lemon juice, beaten egg and salt, making into a batter with the milk. Heat some bacon dripping or lard in a frying pan. Pour in some of the batter, a little at a time, and fry until golden brown. Sprinkle the pancake with sugar before serving.

GINGERBREADS.— $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar, $\frac{1}{2}$ lb. flour, ginger to taste, two teaspoonfuls of syrup.

Method.—Melt butter and syrup, mix dry ingredients and then mix all together; roll out thin and bake in a moderate oven.

Hints—continued.

That a little beeswax rubbed on the side of drawers will prevent them from sticking?

That a little PARKINSONS' SKY BLUE added to the water when washing glassware will give it a brilliant lustre?

That KILKOF tackles that tickle? It is made only by PARKINSONS.

DRESS HINTS.

$3\frac{3}{4}$ to 4 yards of 40-inch material is sufficient for an afternoon dress with long sleeves.

$3\frac{1}{2}$ yards of 40-inch material makes an ordinary dance frock.

$2\frac{3}{4}$ yards of 40-inch material makes a fairly long jumper.

$2\frac{1}{2}$ yards of 40-inch material is required for a shirt blouse.

$3\frac{1}{4}$ to $3\frac{1}{2}$ yards is necessary for a nightdress.

5 yards of 36 to 40-inch material is needed for a pyjama suit.

NURSERY MEDICINES.

1. Syrup of Figs. 6d. or 1/- bottle.
2. Castor Oil. 6d. or 9d. bottle.
3. Glycerine. 5d. or $10\frac{1}{2}$ d. bottle.
4. Glycerine, Borax and Honey. 6d. jar.
5. Glycerine, Ipecac. and Lemon Balsam. 6d. or 11d. bottles
6. Fluid Magnesia. 6d. or 1/- bottle.

External Remedies.

1. Camphorated Oil for rubbing the chest.
2. Boracic Ointment for chafing.
3. Fuller's Earth Cream for roughness of the skin.
4. Boric Lint.
5. Olive Oil.
6. Nursery Powder.

All the above prepared by PARKINSONS.

Recipes—*continued*.

TEACAKES WITHOUT YEAST.— $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ teaspoonful of bi-carbonate of soda, $\frac{1}{2}$ teaspoonful cream of tartar, $\frac{1}{4}$ teaspoonful **Parkinsons' Burnley Baking Powder**, 1 oz. sugar, a pinch of salt, 1 teacup milk. 1 oz. butter, 1 egg.

Method.—Mix all dry ingredients, rub in butter. Make into a soft dough with liquids. Turn on to a floured board, roll out $\frac{1}{4}$ inch thick, cut into round cakes, put on greased or floured baking sheet. Bake at once in hot oven 6 or 8 minutes.

SHORT CRUST PASTRY.— $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. lard or fat, a pinch of salt, 1 teaspoonful of **Parkinsons' Burnley Baking Powder**, water to mix.

Method.—Add together flour and salt, rub in fat with finger tips till crumbly. Add baking powder, then add water gradually and stir with a knife into a stiff paste.

SCOTCH PARKIN.—8 oz. wholemeal flour, 8 oz. fine oatmeal, 4 oz. sugar, 4 oz. lard, 6 oz. golden syrup, 1 oz. mixed spice, $\frac{1}{2}$ oz. bicarbonate of soda. A little milk and a few blanched almonds.

Method.—Mix the flour, oatmeal, bi-carbonate of soda and spices together. Cream the lard, adding the syrup and sugar and beat with a wooden spoon. Add the two mixtures together and make into a firm dough. Make into round pieces and roll out. Brush over with milk. Put half an almond on to each parkin. Place on a well-greased tin and bake for about 25 minutes in a slow oven.

SULTANA CAKE.—1 lb. flour, 12 ozs. sultanas, 4 ozs. butter, 2 ozs. lard, 1 oz. fine sugar, 2 teaspoonfuls of **Parkinsons' Burnley Baking Powder**, 5 eggs.

Method.—Beat butter and sugar to a cream, add eggs, flour and fruit in turn.

MINCEMEAT.—2 lbs. of Muscatel raisins, 2 lbs. currants, $2\frac{1}{2}$ lbs. moist sugar, 1 lb. suet, 1 lb. mixed peel, $2\frac{1}{2}$ lbs. apples, a teaspoonful of **Parkinsons' Mixed Spice**, the grated rind of and strained juice of two lemons, a saltspoonful of salt.

Method.—Core and chop the apples very finely; chop the raisins and the suet, shred the peel, mix all the ingredients and pack in jars, cover tightly till required for use.

KITCHEN HINTS.

The best way to clean linoleum is to take 1 ounce of PARKINSONS' Glue Size. Dissolve it in a pint of hot water, stirring with a stick until completely dissolved. Wash over the lino with a piece of flannel. Do not tread on it till dry and it will have a nice polish which lasts well.

Another way of cleaning linoleum is to add two tablespoonfuls of paraffin to the water used for washing. No soap must be used. Finish off the polishing with PARKINSONS' Floor Polish.

To remove grease from a gas stove, first rub well with a rag dipped in paraffin. To polish mix a little Parkinsons' Turpentine with the blacklead and apply with a brush.

To clean white paint, boil 1 lb. of bran in 1 gallon of water for one hour. When cool wash the paint with the liquid, using a clean flannel.

Sixty drops of liquid are equal to 1 teaspoonful. Four tablespoonfuls equal 1 wineglassful. One ounce of salt or sugar equals 1 heaped tablespoonful.

Scrub wicker furniture with salt and water (no soap) and it will look as fresh as new.

Salt used for sweeping carpets will keep out moths. Salt added to whitewash makes it stick better.

AN ELIXIR FOR FLOWERS.

To make cut flowers last longer, put a few grains of permanganate of potash in the water. The flowers will keep fresh for several days longer than if put into plain water. An aspirin tablet dissolved in the water will have the same effect.

TO REMOVE IODINE STAINS.

If tincture of iodine stains white material, the stain can be removed if it is at once soaked in methylated spirit and then washed in warm soap and water. Or rub with freshly cut lemon ; it acts like magic.

INK STAINS.

To remove ink stains from white articles—linen, calico, etc.—cover the mark well, before washing, with mixed mustard, allowing it to soak in. Then wash and boil in the usual way and all traces of the ink will have disappeared.

Recipes—continued.

GINGER PUDDING.—2 ozs. butter, 2 ozs. flour, $\frac{1}{2}$ teaspoonful **Parkinsons' Burnley Baking Powder**, 2 ozs. breadcrumbs, $\frac{3}{4}$ cupful golden syrup, 1 egg, 1 to $1\frac{1}{2}$ teaspoonfuls ground ginger, a little milk.

Method.—Melt the butter and add the beaten egg, syrup and milk. Mix the ginger with the flour and baking powder, adding the breadcrumbs. Stir in the other ingredients and after mixing well, put into a greased basin. Cover with greased paper and steam for $1\frac{1}{2}$ hours. Serve with hot custard sauce made from **Parkinsons' Custard Powder**.

PLAIN DATE CAKE.—1 lb. flour, 1 teacupful moist sugar, $\frac{1}{4}$ lb. beef dripping or lard, $1\frac{1}{2}$ teaspoonfuls **Parkinsons' Burnley Baking Powder**, $\frac{1}{2}$ lb. stoned dates, 1 egg, 1 breakfastcupful of milk.

Method.—Mix all ingredients thoroughly. Pour the mixture into a cake tin and bake $1\frac{1}{2}$ hours in a moderate oven.

FRUIT LOAF.—1 lb. flour, $\frac{1}{2}$ lb. butter or margarine, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. currants, 2 eggs, $\frac{1}{2}$ oz. **Parkinsons' Burnley Baking Powder**, $\frac{1}{2}$ lb. candied peel, $\frac{1}{4}$ lb. ground almonds.

Method.—Cream the butter and sugar, add eggs and fruit, then mix baking powder and flour together and add. Put in a greased tin and bake one hour in a slow oven.

SPICED BUN LOAF.—Break 2 eggs into a large basin, put 4 ozs. of butter with 2 ozs. lard in a small basin in a warm place and when melted mix in $\frac{1}{2}$ lb. of sugar. Take $\frac{1}{2}$ lb. sultana raisins, 2 ozs. well cleaned currants, 1 oz. candied peel cut very fine. with half a teaspoonful of cinnamon.

Method.—Put all into the eggs with 2 lb. yeast dough ; knead well until thoroughly mixed then put into a greased loaf tin, cover with a cloth and let it stand for one hour. Bake in slow oven. This is enough in quantity to make two small loaves.

BEEF BALLS.— $\frac{1}{2}$ lb. beef, 1 cupful of breadcrumbs, 1 egg (well beaten), 1 oz. suet, parsley and sweet herbs, salt and pepper, grated nutmeg, fat for frying.

Method.—Mince the beef, suet and parsley ; add other ingredients and mix together. Form into balls, flour and fry in boiling fat. Serve with toasted bread or brown gravy.

Hints—continued.

THREE USES FOR BICARBONATE OF SODA.

1. A pinch of bicarbonate of soda stirred into each pint of milk will keep it fresh and sweet even in hot weather.
2. If a little is sprinkled on fruit when stewing or in tarts, less sugar is required.
3. A little added when boiling beetroots keeps them a nice red colour.

EMERGENCY HINTS.

BURNS AND SCALDS.

1. Exclude air as soon as possible by applying an emollient such as Petrojel, olive oil, lanoline, cold cream or carron oil.
2. Cover with clean lint or linen and a gauze bandage.
3. **Important point.** Counteract any shock by keeping the patient warm and giving hot drinks. Send for the doctor.

CUTS.

Do not wash. Apply tincture of iodine as soon as possible, and cover with boric lint. Fasten firmly with a bandage or adhesive plaster to prevent bleeding.

BRUISES AND SPRAINS.

Bruises.—Apply cold water dressings to keep the swelling down:

Sprains.—Apply cold water dressings until they cease to relieve pain. Then cover with a flannel wrung out of hot water. Keep the part absolutely at rest until the doctor comes.

SICKNESS.

Provide absolute quiet, fresh air and warmth. A rubber hot-water bottle or poultice to the stomach relieves the sickness. Keep the limbs warm. Sips of very hot water may be given. If due to poisoned food recently taken, an emetic should be given.

DIARRHŒA.

Warmth, rest, abstinence from solid food. A dose of castor oil is the best treatment in ordinary diarrhœa due to irritating material in the digestive canal. Apply a poultice or fomentation over the abdomen if there is pain.

Recipes—*continued*.

BUTTER ICING.—2 ozs. icing sugar, 1 oz. butter, lemon or orange juice to taste.

Method.—Beat the icing sugar with butter into a cream. Squeeze the juice of the fruit into the mixture, whisk thoroughly and spread on cakes with a thin knife.

COCOANUT KISSES.— $\frac{1}{2}$ lb. desiccated cocoanut, 6 ozs. castor sugar, whites of 3 eggs.

Method.—Stir in the cocoanut with the sugar, whisk the whites of the eggs to a stiff froth, add to the dry ingredients and mix well. Divide the mixture into half. Colour one half pink with a few drops of **Parkinsons' Cochineal**. Line a flat tin with buttered paper or use rice paper, placing the mixture in small pyramids with a fork. Bake in a moderately hot oven for about 25 minutes until they are slightly brown like a biscuit.

MARMALADE PUDDING.—4 ozs. chopped suet, $\frac{1}{2}$ lb. bread-crumbs, 2 ozs. sugar, 2 tablespoonfuls marmalade (more if required), 1 tablespoonful golden syrup, 1 tablespoonful **Parkinsons' Egg Substitute**, $\frac{1}{2}$ teaspoonful **Parkinsons' Burnley Baking Powder**, a little milk.

Method.—Mix the breadcrumbs, suet, sugar, egg powder and baking powder together. Add the marmalade and syrup, mixing well. Make to proper consistency with the milk and put into a greased pudding dish. Cover with greased paper and steam for 3 hours. Serve with hot custard sauce.

CASTLE PUDDING.—2 eggs, their weight in butter, sugar and flour, $\frac{1}{2}$ teaspoonful **Parkinsons' Burnley Baking Powder**. Beat the butter and sugar to a cream, add eggs (well beaten), then add flour and beat well together; add baking powder last. Butter the cups; only half fill them. Bake for 20 minutes.

SNOW CREAM.—4 ozs. ground rice, 2 ozs. sugar, a few drops of essence of Almonds.

Method.—Add a quart of milk, boil 15 minutes and pour into a greased mould; when cold turn out.

Hints—*continued*.

WHAT TO DO IN CASES OF POISONING.

Send for the doctor at once. If the case is one of acid or corrosive poisoning it is advisable not to use an emetic. The proper course is to neutralise the poison by following the treatment as stated below. In cases where an emetic can be used give either a tablespoonful of mustard in a tumbler of warm water, or 4 to 6 teaspoonfuls of ipecacuanha wine in half a tumbler of warm water. Either of these should have the desired effect.

Remember—that olive oil administered at once is an effective antidote for almost all poisons. **Take half-a-pint.**

POISON	TREATMENT and ANTIDOTE
Acids —Sulphuric, oxalic, carbolic, nitric, hydrochloric.	Bi-carbonate of soda, magnesia, $\frac{1}{2}$ oz. to 1 oz. in a tumbler of water. Whiting or chalk. Egg and milk. $\frac{1}{2}$ pint olive oil. (Emetics not to be used.)
Arsenic —Arsenical vermin killers, Fowler's Solution.	Use an emetic. Magnesia, oils, dialysed iron, 2 ozs. often. Sal. volatile repeatedly. Stimulants. Lime water in copious draughts.
Aconite and its preparations.	Use an emetic. Not a moment must be lost. An emetic of mustard, then very strong coffee without milk or sugar.
Belladonna (Deadly Nightshade) and its preparations.	Use an emetic. Emetic of mustard. Strong tea or coffee. Cold bath. Purgatives.
Bichromate of potash.	Chalk, milk, white of egg, barley water.
Chloral.	Use an emetic. Stimulants, warmth, hot coffee. Artificial respiration, oxygen inhalation.
Copperas, copper salts.	Large quantities of white of egg, milk.
Caustic potash, caustic soda, soap lees, strong ammonia.	Vinegar freely diluted with water. Lemon juice in water, citric acid or tartaric acid in water— $\frac{1}{2}$ teaspoonful in $\frac{1}{2}$ pint water, repeated. Milk in large quantities, $\frac{1}{2}$ pint olive oil. Stimulants.

Recipes—*continued.*

CARROT SOUP.—1 lb. young carrots, one onion, one pint milk, pepper, salt and nutmeg to taste. One pint water.

Method.—Clean the carrots and cut into halves. Boil until tender, adding the onion which has been cut up into small pieces. When soft, rub through a sieve and return to saucepan. Add the milk, thickening if required with a little cornflour. Season to taste with pepper, salt and grated nutmeg.

PEA SOUP.—A pint of peas, 1 cut-up onion, a little fat, a sprig of mint, a little sugar, a pinch of salt, one dessertspoonful meat extract. Some fried bread or toast.

Method.—Soak the peas in cold water overnight. Boil in same water with the mint, fat, onion and sugar until soft. Add the salt and more water if required. Mix in the meat extract and serve with fried bread or toast.

HERRING AND POTATO PIE.—2 lbs. potatoes, 3 herrings, a few slices of onion, oatmeal, pepper and salt to taste.

Method.—Wash, peel and slice the potatoes. Bone the herrings afterwards dipping them into oatmeal. Add pepper and salt, rolling up the fish with the skin side inwards. Take a greased pie-dish and put into it the potatoes, fish and onions in layers, finishing with a layer of potatoes on top. Pour over this a gill-and-a-half of stock or water, baking for 1½ hours in a moderate oven.

PIG'S HEAD BRAWN.—Half a pig's head and two pig's feet, salt, pepper and sage to taste.

Method.—Boil the head and feet until tender, afterwards separating the meat from the bones. Chop the meat into small pieces, adding the seasoning to taste. Put the meat into a saucepan with a little of the liquor from previous boiling. Heat thoroughly and stir constantly to prevent burning. Drain through a large mesh sieve, pour into a tin or mould, and leave until set.

PARKINSONS' E.Z. FOR HEADACHE

Hints—continued.

POISON	TREATMENT and ANTIDOTE
Digitalis (Foxglove).	Use an emetic. Stimulants. Strong tea or coffee. Warmth. Rest in recumbent position.
Iodine —Tincture and its preparations.	Use an emetic. Emetic of mustard and water. Large quantities of gruel, boiled starch or arrowroot. Continue until the matter vomited is of natural colour.
Laudanum and Morphine.	See Opium.
Nitrate of silver (Lunar caustic)	Common salt dissolved in water.
Nux vomica, strychnine, vermin killer.	Use an emetic. Tannin 10 to 20 gr., or tinc. of iodine, 30 drops in half a tumbler of water, to be followed by emetics or stomach pump. Artificial respiration. Absolute quiet.
Laudanum, opium, paregoric, morphine.	Use an emetic. Mustard emetic. Potassium permanganate, 5 gr. in 4 ozs. water. Hot coffee. Cold water to face. Warmth. Artificial respiration. Inhalation of oxygen. Keep awake by constant motion and other means.
Phosphorus —Rat poison.	Use an emetic. Emetic of Magnesia and demulcents. Avoid fats and oils.
Precipitate (Red or white).	White of eggs. Milk. Flour and water. Gluten.
Sugar of lead.	White of eggs. Epsom salts. Lemonade.
Sulphate of zinc (White vitriol).	Milk. Slippery elm tea. White of eggs. Solution carbonate ammonia. Avoid salt and water emetics.
White lead, carbonate of lead.	Glauber's Salts in water. Milk. White of eggs. Epsom salts.

LUNG LOZENGES FROM PARKINSONS

Recipes—*continued*.

SIMPLE FLAKE PASTRY.—6 oz. flour, 3 oz. lard or dripping, $\frac{1}{2}$ teaspoonful **Parkinsons' Burnley Baking Powder**.

Method.—Work one-third of the fat into flour, add baking powder. Mix with cold water, roll out about $\frac{1}{2}$ inch thick, put on in pieces the rest of the fat, fold over in three, and roll out five or six times, letting it cool for 10 minutes between each rolling.

TOMATO AND SAUSAGE PIE.—1 lb. sausage, 2 onions, 2 tomatoes, 1 lb. boiled potatoes, pepper and salt to taste. A little milk.

Method.—Remove the skins from the sausage and cut lengthwise, after boiling them for five minutes. Slice the onions and fry until brown. Put half the sausage into a pie-dish and cover with the onions and thick slices of tomatoes. Add the remainder of the sausage and a little gravy or stock. Mash the potatoes with a little milk, pepper and salt and heap these in the pie-dish. Bake in a moderate oven for $1\frac{1}{2}$ hours.

ROCK BUNS.— $\frac{1}{2}$ lb. flour, $1\frac{1}{2}$ oz. dripping or lard, $1\frac{1}{2}$ oz. butter, 3 oz. brown sugar, 1 teaspoonful **Parkinsons' Burnley Baking Powder**. A pinch of ground ginger, a pinch of grated nutmeg, 1 egg, a little milk.

Method.—Divide into twelve buns. Put on a greased tin. Bake 15 minutes in a rather hot oven.

TEA SCONES.—1 lb. flour, 1 oz. sugar, 2 oz. margarine, 2 teaspoonfuls of **Parkinsons' Burnley Baking Powder**, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ pint of milk.

Method.—Add salt to flour, add fat and rub in. Add sugar and baking powder, mix to stiff dough with milk, turn out on to floured board and roll to fancy. Cut out and place on greased tin, bake in hot oven for ten minutes.

RICE BISCUITS.— $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. castor sugar, $\frac{1}{2}$ lb. ground rice, one egg.

Method.—Cream the butter and sugar in a basin and stir in the rice. Well beat the egg and moisten the mixture with it. Roll on a floured board, cut into shapes and bake until crisp in a slow oven.

HELPFUL HINTS.

WATERPROOFING BOOTS.

Saturate the boots with castor oil.

FURNITURE REVIVER.

Well mix 1 dessertspoonful olive oil, 1 dessertspoonful paraffin and 1 dessertspoonful of vinegar. Rub the furniture very lightly, using a piece of flannel for the purpose. Polish with PARKINSONS' FURNITURE CREAM.

FLEAS ON DOGS OR CATS.

Oil of pennyroyal is a quick means of riddance.

CRICKETS.

Quicklime will be found to be effective. Sprinkle a quantity near the places which crickets are known to frequent.

TICKLISH COUGH.

There is nothing so effective as PARKINSONS' KILKOF.

OIL OR GREASE STAINS.

Mix 2 ozs. of turpentine and $\frac{1}{2}$ oz. essence of lemon. Apply the liquid to the stain with a sponge.

GREASE SPOTS ON SILK.

To remove grease from silk fabrics, take a little magnesia and rub it wet on the spot. Let it dry, then brush it off and the spot will have gone.

FACTS.

Cheops, the largest of the pyramids, is composed of four million tons of stone. It took 200,000 men 20 years to build.

Catgut is the gut of sheep.

Kid gloves are not kid, but are made from lamb or sheepskins.

America was named after Amerigo Vespucci, a naval astronomer of Florence. America was discovered by Columbus in 1492.

The names of the seven days of the week originated with the Egyptian astronomers. They gave them the names of the Sun,

Recipes—continued.

PARTY MEAT ROLL.—1 lb. rump steak, 1 lb. ham (unsmoked), 2 eggs, 2 breakfastcupfuls soft breadcrumbs, salt and mace.

Method.—Mince the steak and ham. Add the salt, mace and breadcrumbs. Beat the eggs and add to other ingredients. Mix together and form into a roll. Wrap in a cloth which has been previously scalded. Fasten both ends. Boil for 3 hours, and when cooked, place between two dishes with a weight on top. When cold remove the cloth and glaze the roll or roll it in dried breadcrumbs.

RAISIN SCONES.— $\frac{1}{2}$ lb. flour, 1 teaspoonful **Parkinsons' Burnley Baking Powder**, 2 tablespoonfuls castor sugar, 1 egg, 2 tablespoonfuls of milk, 2 oz. seedless raisins, 1 oz. butter, salt.

Method.—Mix the flour, salt and baking powder together. Rub in the butter. Add the sugar and raisins. Beat the egg and add most of it to the mixture with the milk to make a stiff dough. Roll on floured board, cut into scones, and put on to a floured oven tin. Brush the top of the scones with the remaining portion of the egg, and bake for about 15 minutes in a quick oven.

OATMEAL SCONES.— $\frac{3}{4}$ lb. flour, 2 oz. fine oatmeal, 1 oz. ground rice, $\frac{1}{2}$ teaspoonful bi-carbonate of soda, $\frac{1}{2}$ teaspoonful cream of tartar, 1 egg, $\frac{3}{4}$ gill of milk, 2 oz. butter, 2 oz. sugar, pinch of salt.

Method.—Mix the flour, ground rice and oatmeal together. Rub in the butter. Add sugar, cream of tartar, bi-carbonate of soda and salt, making a stiff dough by adding the egg and milk. Roll out on floured board, cut into cakes and bake for 20 minutes in a quick oven. Glaze the tops of the scones by brushing with a little egg and milk before being quite baked.

CHERRY CAKES.—3 oz. butter, 3 oz. sugar, 6 oz. flour, 1 oz. preserved or glazed cherries, 1 egg, half teacupful milk, $\frac{1}{2}$ teatpoonful cream of tartar, $\frac{1}{4}$ teaspoonful bi-carbonate of soda.

Method.—Beat the sugar and butter together until smooth. Add a little of the flour and the egg and beat well. Mix the cream of tartar and bi-carbonate of soda with the remainder of the flour. Add this to the butter mixture, a little at a time, with about half a cupful of milk and the small pieces of cherry. Put into small tins. Bake in a moderate oven.

Facts—*continued.*

Moon and the five planets—Mars, Mercury, Jupiter, Venus and Saturn.

Yellow harmonises with orange, green, citrine, russet and buff.

Red harmonises with orange, purple, buff, auburn and russet.

Blue harmonises with auburn, olive, purple and green.

Electricity travels 288,000 miles per second.

Sound moves 743 miles per hour.

Light travels 187,000 miles per second.

Hawks can fly 150 miles per hour.

A hurricane moves 80 miles per hour.

Coaches were first used in England in 1569.

The first English newspaper was called the "English Mercury."
It was published in the reign of Queen Elizabeth.

The Chinese invented paper in the year 170 B.C.

The first Atlantic cable operated in 1858, 10 years after the firm of PARKINSONS came into existence.

The longest tunnel in the world is the Simplon Tunnel, between Geneva and Milan. It is over 12 miles long.

Coal was used in England as early as the year 852.

The first charter to dig for coal was granted to the inhabitants of Newcastle-on-Tyne in the year 1234.

Tobacco was first discovered in San Domingo in 1496. It was not introduced into England until 1583.

Bricks were first introduced into England by the Romans.

The first photographs were produced in England in 1802.

Postage stamps came into use here in 1840.

A man will die for want of water in 7 days, for want of sleep in 10 days, and for want of air in 5 minutes.

The human brain consists of 300,000,000 nerve cells.

The human body has 240 distinct bones.

The heart of a man beats 92,160 times a day if he is in normal health.

Soap was first manufactured in England in the sixteenth century.

The first steamer crossed the Atlantic in 1819.

The great bell of St. Paul's Cathedral weighs over 16 tons.

List of Preparations.

ALL PRICES ARE SUBJECT TO ALTERATION.

PILLS, in 1d., 3d., 6d., and 1/- sizes.

BLOOD AND STOMACH PILLS—the most popular with all classes.

HEAD AND STOMACH PILLS, BACK AND KIDNEY PILLS, LAXATIVE PILLS.

In 1d. and 3d. Boxes.

Head Pills, Bile Pills, Steel and Pennyroyal Pills, Hiera Picra Pills, Bronchial Pills, Liver Pills, Pink Pills, Dandelion Pills, Nerve Pills, Tonic Strengthening Pills, Camomile Pills, Little Liver Pills, Rhubarb Pills, Digestive Pills, Quinine Pills, W. & W. Pills, Compound Celery, Chlorophyll.

In 3d., 6d. and 1/- sizes only.

Female Pills. Juniper Pills. Rheumatic Pills.

PARKINSONS' PERFECT PILLS, 1/3 and 3/- Boxes.

POWDERS (Medicinal). In 1d. packets.

Aspirin Head and Nerve Powders.

HEAD POWDERS.—Our sale for these is enormous and constantly increasing. They may be taken with perfect safety.

HEAD AND NERVE POWDERS.

HEAD POWDERS.—In tasteless cachets.

PENNY COOLING POWDERS.

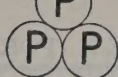
In Silver Envelopes warranted to contain nothing injurious. These Powders are not laxative.

In Blue Envelopes, two powders in each envelope. These powders are slightly laxative.

In Yellow Envelopes, formerly called Fever Powders. These powders are slightly laxative.

HALF-PENNY COOLING POWDERS.—These Powders are slightly laxative.

SEIDLITZ POWDERS, B.P. Quality, 1½d. packets.—The constantly growing demand for our Seidlitz Powders is evidence of their popularity. Warranted full size and correct ingredients of the highest quality, packed by the latest and most accurate electrical machines for weighing each powder.



(Trade Mark)

Seidlitz Powders, Extra Strong, 1½d. packets.

Sweating Powders, 1d. Tooth and Nerve Powders, 1d.

Foot Powders, 1d.

Quinine Powders (pure Sulphate), 2d. packets, each containing 3 doses.

Digestive Powders, 1½d.—Contain Pepsin and other aids to digestion.

Bismuthated Magnesia, 1½d. boxes, 6d. and 1/- bottles.

Carbonate of Magnesia (light), 1d. packets, 1½d. drums.

Composition Powder, 1½d. packets and 2d. drums.

Liquorice Powder (Compound), 1d. packets and 2d. drums.

Aniseed Elixir.

BALSAM OF ANISEED.—An excellent Mixture. In 6d. and 11d. bottles.

Borax and Honey, in 2d. bottles. Blood Mixture.

BOWEL MIXTURE. In 4d., 6d., and 8d. bottles.

Bronchial Mixture.

COMPOSITION ESSENCE. Superior quality, aromatic flavour.

Also in 2d., 3d., 4½d. and 10½d. bottles.

COMPOSITION CORDIAL (Genuine).

Dill Water. Phenol Mixture.

FAMILY COOLING MIXTURE.

Friars' Balsam. 2d., 4d. and 10d. bottles.

Godfrey Cordial.

Indian Bark. In 4d. and 6d. bottles.

INFANTS' PRESERVATIVE. A good old-fashioned preparation.

NITRE BALSAM (Compound). Also in 4½d. bottles.

NITRE SWEATING MIXTURE. Also in 4½d. bottles.

Raspberry Vinegar. Raspberry Vinegar and Olive Oil. Also in 4½d. and 10½d. bottles.

Saline Mixture.

SOOTHING SYRUP. Contains no opium.

Spirit of Camphor. Also in 9d. bottles.

SWEET NITRE BALSAM. Warranted genuine and the highest quality. Also in 8d. bottles.

Sweet Essence of Senna. Syrup of Aniseed.

Syrup of Buckthorn.

SYRUP OF FIGS. Also in 2d., 6d. and 1/- bottles.

Syrup of Garlic. Syrup of Marshmallow.

FOR BILIOUSNESS, RHEUMATISM, LIVER TROUBLES 19

Syrup of Peppermint. Syrup of Red Poppies.

SYRUP OF RHUBARB AND CASTOR OIL. Also in 2d., 5d.
and 1/- bottles.

Syrup of Senna. Syrup of Squills.

Syrup of Tolu.

Syrup of Violets.

SYRUP OF VIOLETS AND OIL OF ALMONDS. Also in 3d.
and 4½d. bottles.

Tincture of Cayenne.

Tincture of Calumba. Tincture of Gentian.

Tincture of Ginger.

Tincture of Iodine.

Tincture of Myrrh.

TINCTURE OF QUININE (Ammoniated). Also in 8d. bottles.

TINCTURE OF RHUBARB. B.P. Warranted full strength. Also
in 4½d. bottles. And all other Tinctures.

BALSAMS AND ELIXIRS.

Sold by weight. Also in small bottles.

ANISEED BALSAM. Also in 6d. and 11d. bottles.

CHEST AND LUNG ELIXIR. Also in 4½d. and 10d. bottles.

A Mixture with a wide reputation.

GLYCERINE, IPECAC AND LEMON BALSAM. Also in 2d.,
6d. and 11d. bottles. A favourite with children. Pleasant to
take.

GLYCERINE AND CHERRY BALSAM. Also in 6d. bottles

HOREHOUND, LINSEED AND HONEY BALSAM. Also in
6d. bottles.

GLYCERINE, HONEY AND LEMON BALSAM. Also in 6d
bottles.

MENTHOL ELIXIR (Compound).

CHEST AND LUNG MIXTURE

RED CURRANT LUNG MIXTURE. For voice and throat.

OILS.

Camphorated, 2d., 6d. and 1/- bottles.

Camphor and Mustard, 2d., 4d. and 6d. bottles

Castor, 2d., 4d., 6d. and 9d. bottles.

Eucalyptus, 2d., 4d. and 6d. bottles.

Machine, 2d., 4d. and 10½d. bottles.

Olive, 2d., 5d. and 9d. bottles.

TABLETS AND LOZENGES.

Antiseptic Throat Tablets.

Aspirin Tablets. 1d., 3d. boxes and 6d. bottles.

Bismuthated Magnesia Tablets. 1d. and 3d. boxes and 4½d. bottles.

Chest and Lung Tablets. 4½d. tins.

LAXATIVE TABLETS. 2d. tins and 6d. bottles.

MINT TABLETS.

LINSEED, LIQUORICE AND COLTSFOOT TABLET

Lemon Thirst Quenchers. 2d. per oz. or 16 for a 1d.

Soda Mint Tablets. 4½d. bottles.

Formalin and Mint Tablets. 6d. bottles.

Ammoniated Quinine Tablets. 3d. tins and 6d. bottles

Cascara Sagrada Tablets. 1d. boxes and 4½d. bottles.

Head Tablets. 1d. boxes and 6d. bottles.

Tooth and Nerve Tablets. 1d. packets.

KILKOF Lozenges. 1/3 per box.

PINE TABLETS. Sulphur Tablets.

Liquorice and Menthol Pellets, 2d. tins. Lung Lozenges.

Wormseed Tablets (Chocolate) 2d. packets.

Mint Lozenges (Special).

Linseed, Liquorice and Horehound Lozenges.

PINEAPPLE THIRST QUENCHERS.

LEMON

RASPBERRY " "

OINTMENTS.

Indian Cerate. 1½d. and 4d. tins, 6d. and 10½d. jars.

Boracic Ointment. 1½d. tins, 6d. and 10½d. jars.

Cold Cream. 1½d. tins, 6d. and 10½d. jars.

Marshmallow Ointment. 1½d. tins, 6d. and 10½d. jars.

Sassafras Ointment. 1½d. tins.

Sulphur Ointment. 1½d. tins, 6d. and 10½d. jars.

Zinc Ointment. 1½d. tins, 6d. and 10½d. jars.

NATURE'S GREEN OINTMENT. 1½d. tins, 6d. and 10½d. jars.

Chillie Paste. 1½d. tins, 6d. and 10½d. jars.

TOILET REQUISITES.

VELVET SKIN TABLETS. 1½d. and 3d. boxes.

Camphor Ice. 1½d. tins.

Alexandra Pomade for the hair. 2d. tins.

LINSEED, LIQUORICE & COLTSFOOT TABLETS

Hair Wash. 1d. packets.

Bay Rum.

Toilet Powder for the Nursery (Zinc, Boracic and Starch).
1d. packets

Fuller's Earth. 1d. boxes.

Violet Powder. 1d. boxes.

Cocoanut Oil Shampoo. 2d., 6d. and 9d. bottles.

Shampoo Powders. 1d. and 3d. packets.

Floral Face Powder. 3d. boxes.

Brilliantine solid. 1½d. tins, 6d. and 10½d. jars.

Tooth Paste, Vanishing Cream, Lanoline. 3d. and 6d. tubes.

Fuller's Earth Cream. 2d. tins, 6d. and 10½d. jars.

POLISHES.

Perfect Floor Polish. 3d., 6d. and 2/- tins.

Furniture Cream (White). 4d., 6d. and 7½d. bottles.

Furniture Paste (red or white). 1½d. tins.

Collar Polish. 1d. and 3d. blocks.

Starch Gloss. 2d. boxes.

FOOD PRODUCTS.

PARKINSONS' (BURNLEY) BAKING POWDER has a world-wide reputation for quality. In 1d., 1½d. and 4½d. packets.
6d. tins. Also sold by weight.

CUSTARD POWDER. Nutritious and creamy. 1d. per packet.

BLANC MANGE POWDERS. Each 2d. box makes one pint of
delicious Blanc Mange.

SNOW CAKE FLOUR. A delicacy for the tea table. 9d. per lb.

Egg Substitute Powder. 1d. and 1½d. packets.

Currie Powder. 2d. packets.

GRAVY SALT. Pure and wholesome. 1d. packets and 1½d. tins.

GRAVY BROWNING. Extra strength. 2d. and 4½d. bottles.

Ice Cream Powder.

SUNDRIES.

NATURAL HEALTH SALT. "Refreshing as Sea Breezes." A
refreshing and invigorating tonic full of health-giving properties.
In tins, 6d. each. Also sold by weight.

LIVER SALT. In 6d. tins.

WHITE EMBROCATION. An excellent rubbing bottle for the
home. 2d., 3d., 6d. and 1/- bottles.

SUGAR-COATED PILLS

STATIONERY PACKETS. Penny packets contain four sheets note-paper, four envelopes and blotting paper.

Cascara Sagrada (Fluid). 6d. and 10½d. bottles.

Citrate of Magnesia.

Cod Liver Oil Emulsion. 1/- and 1/6 bottles.

Citrate of Iron and Quinine.

Foot Paint. 3d. bottles.

Lemonade Crystals.

Lemon Kali.

Raspberry Crystals.

Red Bottle or Whitworth Bottle. 6d. bottles.

Tooth Essence. 2d. bottles.

Salts, Senna and Sarsaparilla. 1½d. packets.

Bicarbonate of Soda. ½d., 1d. and 1½d. packets.

Boracic Acid. 1d. and 2d. drums.

Borax. 1d. packets, 3d. boxes.

Camomile Flowers. 2d. packets.

Cochineal. 3d. bottles.

Cocoanut Oil. 1½d. tins.

Cream of Tartar. 1d. packets.

Epsom Salts. ½d., 1d. and 1½d. packets.

ESSENCES. Flavouring :—

Almond. 2d., 4½d. and 8d. bottles.

Ginger. 9d. bottles.

Lemon. 2d., 4½d. and 8d. bottles.

Peppermint. 4½d. and 8d. bottles.

Vanilla. 2d., 4½d. and 8d. bottles. And all other flavours.

Foot Paste. 2d. tins.

Glycerine. Double distilled. 2d., 5d. and 10½d. bottles.

Glycerine and Rosewater. 2d., 4½d. and 10½d. bottles.

Gregory Powder. 1½d. drums.

Gum. 2d. bottles.

HONEY. Best Household. Large and small jars.

Ink. Black, blue and red. 1½d. and 3d. bottles.

Insect Powder. 1d. and 2d. boxes. Beetle Powder.

Ipecacuanha Wine. 7d. bottles.

Lanoline. 3d. and 6d. tubes.

Magic Washer. 1½d. tablets.

HEAD POWDERS FROM PARKINSONS

PETROLEUM MEDICINAL. 2d., 4d., 8d. and $\frac{1}{3}$ bottles.

Parrish's Chemical Food. 9d. and $\frac{1}{4}$ bottles.

Sky Blue. $\frac{1}{2}$ d. and 1d.

PARKINSONS' "P-SIT" HANDY ADHESIVE. In $\frac{1}{2}$ d. and 3d. tubes.

Flycatchers.

Herbs (Medicinal and Culinary).

"PARKOLA" LIQUORICE JUICE.

SUNDRIES.

Pepper. 1d. and 2d. drums.

Pernanganate of Potash. 2d. drums.

PETROJEL. (Petroleum Jelly) 1d. tins ; 4d. jars.

Quinine and Iron Tonic. 6d. and $1\frac{1}{2}$ bottles.

Rochelle Salts. 2d. drums.

Saffron. $1\frac{1}{2}$ d. packets.

Salts of Lemon. 2d drums.

Mixed Bird Seed. 2d. packets.

Senna Leaves. 1d. and $1\frac{1}{2}$ d. packets.

"Tueg" Poultry Spice.

SPICES.

Cinnamon. 2d. drums.

Ginger. $1\frac{1}{2}$ d., drums.

Mace. 3d. drums.

Nutmeg. 2d. drums.

Pickling Spice. $1\frac{1}{2}$ d. boxes.

Pudding Spice. $1\frac{1}{2}$ d. boxes.

Sulphur Flowers. 1d. and $1\frac{1}{2}$ d. drums.

Sulphur, Milk of. $1\frac{1}{2}$ d. drums.

Turkey Rhubarb Powder. $1\frac{1}{2}$ d. packets.

*Wonderfully Simple
Yet Simply Wonderful!*



PARKINSONS'



POWDERS

Half an hour ago I was simply racked with pain—felt that life was not worth living, but I am all right now. That's why I am never without

PARKINSONS'



POWDERS

Every minute's delay may mean hours of needless suffering.

for HEADACHE, NEURALGIA,
RHEUMATISM, NEURITIS &
INFLUENZA. E-Z POWDERS
ARE THE SAFEST REMEDY

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Sold in Boxes

$1\frac{1}{3}$ & $3\frac{1}{2}$ each
Single Powders
2¢ each

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